

Sustainable agriculture for the future

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Sweet end Sweetener – Jams and Jellies

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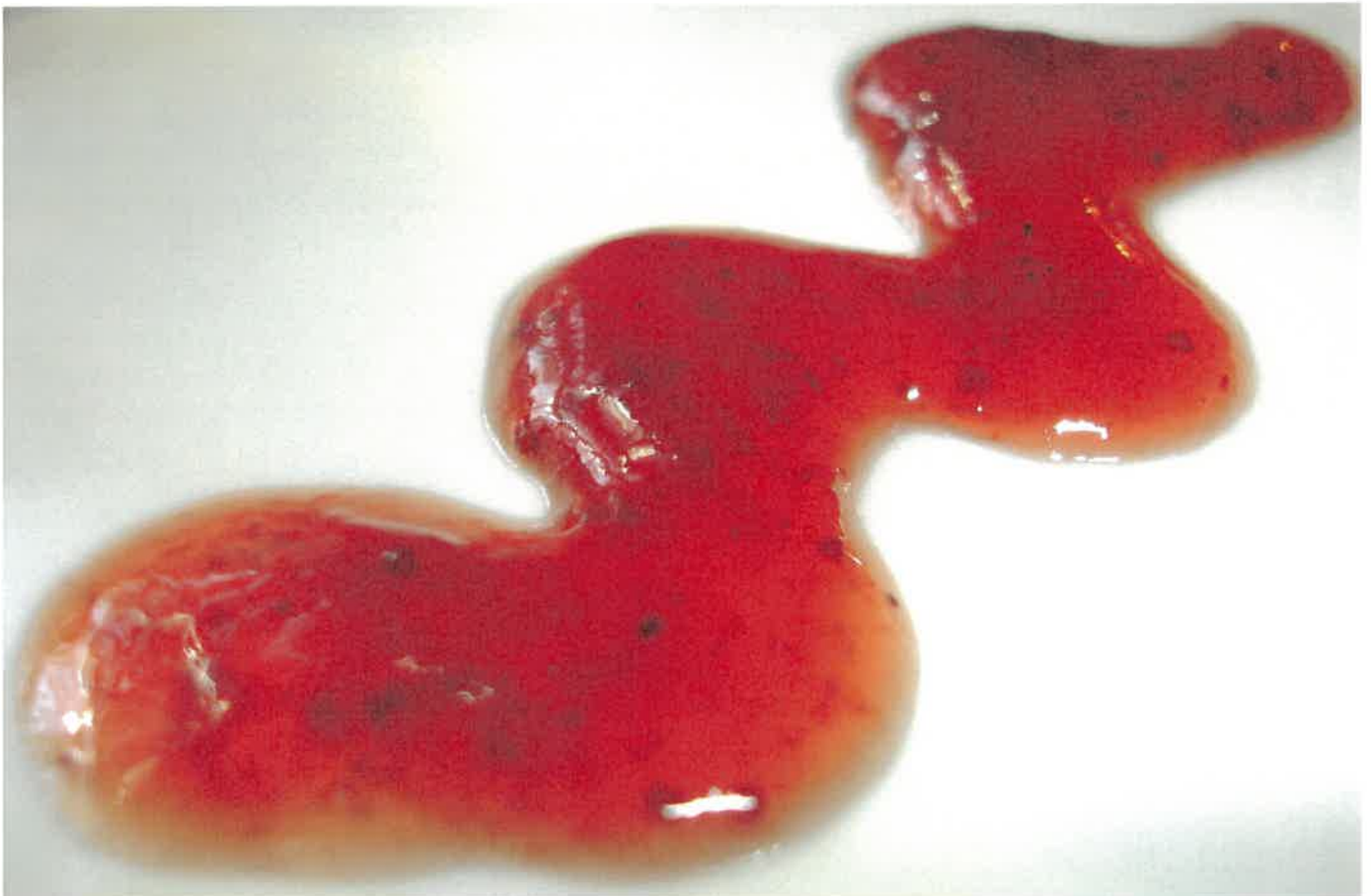
Some of our favourite sweet products must meet several requirements to be labelled as a jam or jelly. Jam is required to be:

- Smooth or contain tender pieces of fruit.
- Have a colour and flavour typical of the product concerned.
- Free from defects, insect infestation, foreign or bad tastes or flavours, discoloured particles and peel or skin.
- Free from any signs of crystallisation, burnt shreds, grit, foreign matter.
- Free from pips or seeds, except jam made from fruit which is normally consumed with pips or seeds.

Jam should contain at least 35 parts of whole fruit, pieces of fruit, fruit pulp or fruit puree, excluding sweeteners, with a soluble solids content of at least 60%.

Extra fruit jam should contain at least 45 parts of whole fruit, pieces of fruit, fruit pulp or fruit puree, excluding sweeteners, with a soluble solids content of at least 60%.

Reduced sugar jam should contain at least 35 parts of whole fruit, pieces of fruit, fruit pulp or fruit puree, excluding sweeteners with a soluble solids content of at least 30% but not more than 55%.





Fruit spread must contain at least 45 parts of whole fruit, pieces of fruit, fruit pulp or fruit puree, excluding sweeteners, with a soluble solids content of not more than 30%.

Fruit mixtures of jam: When two fruits are used, the first-named fruit must be at least 50%, but not more than 90% of the total fruit content. Where three fruits are used, the first-named fruit should be at least 33%, but not more than 75%, of the total fruit content, and in the case of four fruits, the first-named must be at least 25%, but not more than 75%, of the total fruit content.

The requirement for jelly is summarised as follows:

- A colour and flavour typical of the product concerned.
- Be transparent or clear, free from suspended fruit particles.
- And be free from insect infestation, foreign or bad tastes or flavours, any signs of crystallisation, peel or skin, grit, foreign matter, and pips or seeds.

Jelly should contain at least 35 parts of whole fruit, pieces of fruit, fruit pulp or fruit puree,

excluding sweeteners. These quantities are calculated after deduction of the mass of water used in preparing the aqueous extracts, with a soluble solids content of at least 60%.

Extra fruit jelly should contain at least 45 parts of whole fruit, pieces of fruit, fruit pulp or fruit puree, excluding sweeteners. These quantities are calculated after deduction of the mass of water used in preparing the aqueous extracts, with a soluble solids content of at least 60%.

Reduced sugar jelly should contain at least 35 parts of whole fruit, pieces of fruit, fruit pulp or fruit puree, excluding sweeteners. These quantities are calculated after deduction of the mass of water used in preparing the aqueous extracts, with a soluble solids content of at least 30% but not more than 55%.

A Selection of Jams and Jellies:

Blackcurrant jam is produced from fresh or frozen blackcurrants. The freezing of the blackcurrants prior to processing eases the workload on the farm during harvesting season. Once the harvesting season has passed, the frozen currants converted into

jam at a manageable rate. Processing of fresh blackcurrants is only practical on small scale or where the production team and processing team function separately.

Red currant jam is produced from fresh or frozen red currants harvested at the mature ripe stage to ensure maximum flavour, colour, and pectin development.

Grape jam is produced from clean, sound grapes that were harvested before reaching full maturity.

Peach jam is produced from peaches harvested at the firm-ripe stage to ensure maximum flavour, colour and pectin development that is essential for a successful jam and can be produced from fresh, frozen, or canned fruit. The preservation of the peaches prior to processing eases the workload on the farm during harvesting season.

Mango jam: Fresh or frozen ripe mangoes are required to produce mango jam. Mango puree can also be used to produce jams. The mango is the apple (or peach) of the tropics, and one of the most commonly eaten fruits in tropical countries around the world. The flesh of a

mango is peach-like and juicy, with numerous fibers radiating from the husk of the single large kidney-shaped seed which makes for an excellent product.

Red currant jelly is produced by the concentration and gelling of unsweetened red currant juice or syrup. Jelly consists of either the juice or aqueous extracts of one or more types of fruit that has been clarified by filtration or other means, and may contain permitted food additives and sweeteners.

Cherry jelly is produced through the concentration and gelation of unsweetened cherry juice, cherry pulp or cherry syrup.

Apple jelly: Jelly, in a nutshell, is defined as either the juice or aqueous extracts of one or more types of fruit that has been clarified by filtration or other means and may contain permitted food additives and sweeteners. Apple jelly is produced by concentrating and gelling unsweetened apple juice. Apple jelly is served as a condiment with various meat dishes.

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